



Parent and Family Resource Centers October 2009 Calendar

Program	Description	Date /Time	Location
Computer Classes and Access	Introduction to Computers & Web Navigation	Oct. 7 @ 1pm	PFRC 7
	Introduction to Microsoft Word	Oct. 21 @ 1pm	PFRC 7
	Resume Writing and Intro to Computers	Daily	PFRC 8
	Computer Lab – Labs are open daily from 9:30a-5:00p daily. Call center for late hours.	Various	All PFRCs
Fire Safety and Prevention	Come and join us for a workshop on Fire Prevention and Safety. This is a great and important way to prepare to have a safe holiday season. In partnership with the DC Fire & EMS Department.	Oct. 15 @ 6pm-7pm	PFRC 8
Fit Family	<p>This Program includes:</p> <ul style="list-style-type: none"> • Free, fun nutrition education and exercise classes! • Free 2 year membership to the Boys and Girls Club! • Free healthy meal every week! • Raffles, Prizes, Giveaways and LOTS OF FUN!!! <p>In partnership with Children's National Medical Center.</p>	<p>Every Thurs Oct. 1, 8, 15, 22, 29 4:45pm-7:15pm</p>	PFRC 8
Grandparents Support Group	Meet, support and talk with other grandparents and older caregivers who are the primary caregivers to school age children. The group meets every fourth Thursday of the month.	Oct. 28 @ 12pm	PFRC 7
Hand Dancing	Hand dancing strengthens partnering skills and body awareness. Join us to learn some moves and get into the "swing of things" with your child.	<p>Every Wed @ 6pm</p> <p>Oct. 7, 14, 21, 28</p>	PFRC 7
"You Really Are What You Eat"	<p>The DCPS Ward 8 Parent & Family Resource Center is partnering with Giant Food to promote health and nutrition for children and families. It's never too early or too late to learn about good nutrition, hygiene and exercise patterns to improve and maintain your family's health!</p> <ul style="list-style-type: none"> • Learn about the food groups in "My Pyramid for Kids" and the best food choices for good health • Participate in interactive demonstrations • Try healthy food samples • Get tips on how to include more health foods in your diets • Receive giveaways 	Oct. 27 @ 6pm-7pm	PFRC 8

Program	Description	Date /Time	Location
Lead Poisoning Prevention	Do you know how to prevent childhood lead poisoning? Come to this workshop and learn how to identify, control, and eliminate lead-based paint hazards.	Oct. 27 @ 9am	PFRC 1
Money Matters	Learn how to manage your financial resources, understand your credit, and how to create and maintain a budget and savings.	Oct. 20 @ 5:30pm	PFRC 1
Money Matters: Good Credit	This workshop includes information and assistance with managing financial resources, repairing credit, building credit, creating and maintaining a budget, and saving.	Oct. 28 @ 6:30pm	PFRC 7
PTA Prep Series	This series of workshops will give parent organizations the tools to expand and strengthen their schools and communities. All workshops focus on the established "4 Ins of Leadership" stressed by the DC PTA: invite them in, inform them, interest them, and involve them.	Oct. 27 @ 6pm	PFRC 7
Saturday Learning Partnership	<u>Are You Smart? Yes, You Are Smart!</u> This program reinforces the Math and Literacy Skills of children Pre-K-12 th grade. The unique aspect of this program is that parents and children work <i>together</i> . Classes are facilitated by Mrs. Mildred Lockridge, and other highly qualified teachers and veteran instructors. Breakfast is provided. We look forward to providing extra educational support to you and your child!	Every other Saturday Oct. 3, 17, 31 @ 9:30am-11:30am	PFRC 8
Struggling Learner & Special Ed. Parent Group	Is your child a struggling learner? Do you want to discuss special ed? Or do you just want try to figure out how to help your child succeed in school? Then join us to get information, share suggestions, express concerns, and find solutions. This group meets monthly.	Oct. 13 @ 6:30pm Oct. 21 @ 12:00pm	PFRC 7
Technology & Leadership	Trying to get your teenager involved in more than just watching t.v. and talking on the telephone? This program combines computer training and leadership skills for teens (12-18) to help them strengthen their technology skills and leadership potential.	Every Saturday Oct. 10, 17, 24, 31 - 10am-12pm	PFRC 8
Understanding DCPS Discipline & Truancy Codes	Come learn more about DCPS's new discipline and truancy policies! Important information for every parent and student!	Oct. 22 @ 5:30pm	PFRC 1
30 and Over Basket Ball	Game on! Join other adult men ages 30 and over to exercise (health and fitness awareness), socialize (in a safe environment), and encourage active participation in their children's education.	Every Thursday Oct. 1, 8, 15, 22, 29 - 6:30pm-7:45pm	PFRC 8
School-based activities	Workshops are provided in schools throughout some ward on topics that impact your child's academic achievement.	Call center for updates	Various